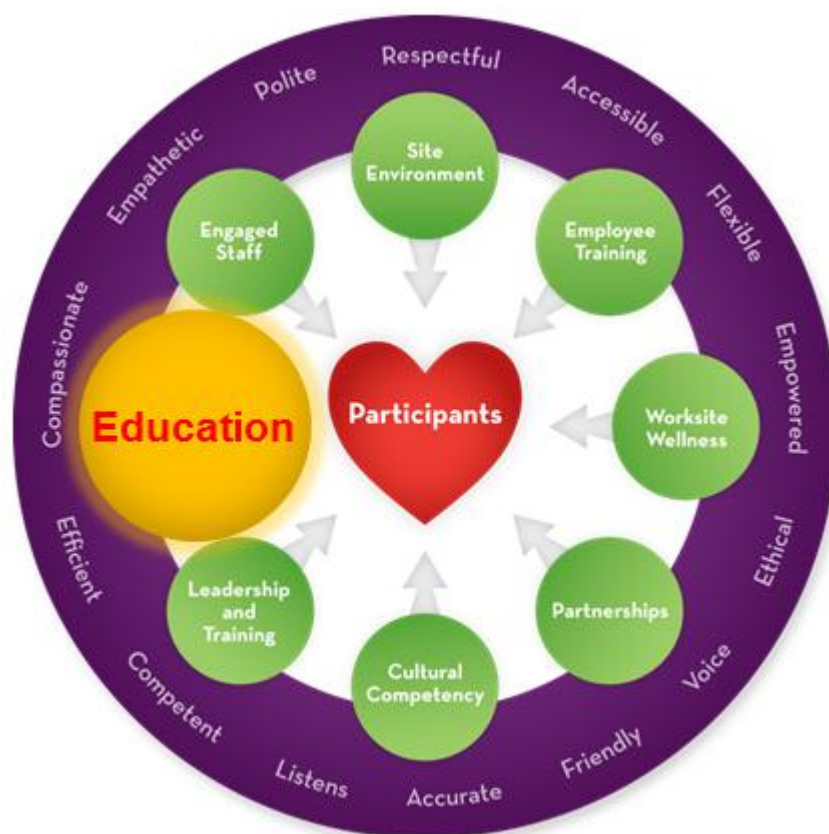


Summarizing

Participant Centered Education

Trainee Workbook



Summarizing

Summarizing is restating the main ideas of a conversation in as few words as possible.

Summarizing helps you make sure you understand the person speaking, and can help the other person see their situation more clearly – an important step toward change.

Summaries can be used **during** a conversation after someone has finished speaking about a particular topic or experience, and at the **end** of a conversation when the appointment is almost over. Summaries can also be used in **group education**.

Activity 1 Structure of Summaries

1. Begin with a statement that shows you are summarizing. For example:
 - *Let me see if I understand so far...*
 - *Here is what I've heard. Tell me if I've missed anything.*
 - *Let me see if I have all of this.*
 - *I'd like to try to pull together what you've said, so we can see where we are and where we are going.*
2. If a person is unsure about whether he or she is ready to change a behavior, and goes back and forth between wanting to stay the same and wanting to change, it is useful to include both sides in your summary. Use linking phrases such as:
 - *On the one hand, it seems that.... While on the other hand, it sounds like...*
 - *At the same time...*
 - *And* (rather than *but* or *yet*)
3. Be short and to the point.
4. End with an invitation using an open question. For example:
 - *What else?*
 - *What other points are there to consider?*

Summaries can pull together pieces of a session like a quilter making a quilt from many pieces of fabric.



Activity 2

Diane's Scenario

A young prenatal woman stated she is unsure whether she will breastfeed her baby. She is concerned that breastfeeding will make her breasts sag.

Educator: I understand that you're not happy about possibly having sagging breasts.

Participant: Yes. And my sister is breastfeeding her baby and she can't go anywhere or do anything. Her baby always has to be with her.

Educator: You're concerned about how breastfeeding will change your breasts and you don't want to feel tied down like your sister.

Participant: I know breastfeeding is good for babies, but I need to make up my own mind.

Educator: Tell me more about why you think breast milk is good for babies.

Participant: Well, they don't get sick. They're healthier.

Educator: Yes, that's true. Anything else?

Participant: Well, that's the main thing.

Educator: That is important. We can talk about your concerns about sagging breasts and feeling tied down in a moment, but before we do that I have a pamphlet that tells more about how breastfeeding helps babies. Would you like to have it?

Participant: No! I have so many hand-outs, books, pamphlets. Everyone is trying to convince me to breastfeed. I just want to make up my own mind.

Write how you would summarize this part of the conversation:

Activity 2 (continued)

Robert's Scenario

A mother comes in with her 18 month old son who is at the 98th percentile for weight/length. Grandma is the primary caretaker while both parents work. The child still uses the bottle, drinking 5 bottles per day. Mom says he is a picky eater and she is worried that her son does not eat much at meal times.

Educator: You're concerned that your son does not eat the food you give him at meal times.

Participant: Yes. He is so picky. He hardly eats anything on his plate.

Educator: How do feel about how he is growing and his weight?

Participant: I guess OK - he doesn't seem too skinny.

Educator: Can I share some information about your son's height and weight?

Participant: Sure.

Educator: Let's look at this growth chart. Your son has a high weight for his length. This means that he may be at an unhealthy weight. What do you think about this?

Participant: Really - I didn't know his weight is not healthy.

Educator: Sounds like you were surprised to hear this. What do you think might be going on?

Participant: I don't know why his weight might be high. He is so picky. Actually, his grandmother has a hard time feeding him. When he is stubborn, he only likes his bottle. So, she gives him a bottle of milk. Grandma wants to make sure he gets enough to eat. She gives him cookies because that's all he wants. When he is with me, he will sometimes eat a meal.

Write how you would summarize this part of the conversation:

Activity 2 (continued)

Jessica's Scenario

Educator: Looking at your nutrition questionnaire, I see there are several things we could talk about today. We can discuss weight gain during your pregnancy, how you'll feed your baby, your heartburn, or exercise. Or...is there anything else that you'd like to talk about?

Participant: Could we talk about my weight? I feel like I'm getting to be a whale!

Educator: So you're really worried about gaining too much weight.

Participant: Yeah, I've seen so many women who balloon up when they are pregnant and then never seem to lose the weight afterward.

Educator: You're afraid you might end up like them.

Participant: Yeah, everyone in my family has struggled with their weight and now my Dad has diabetes. That scares me.

Educator: So staying fit and healthy is very important to you.

Participant: It really is!

Counselor: Can I share with you what we recommend about weight gain for pregnant women?

Participant: Sure.

Educator: Well, for women like you who are at a healthy weight before they get pregnant, we recommend gaining a few pounds in the first trimester and then about one pound per week after that. You're now 25 weeks and you've gained about 17 pounds. That actually is pretty good.

Participant: Really? But why so much? Won't it just make me fat?

Educator: Almost all of that weight goes to either the baby or making things that keep the baby healthy like extra blood, your womb, and making your breasts ready for nursing. Much of this weight will come off after your baby is born. What do you think about this information?

Participant: Well, I didn't know that's why I'm gaining so much weight. Is there anything I can do to prevent being overweight after the baby comes?

Educator: It's great that you want to keep a healthy weight. One way to do this is to eat healthy and stay active now, so you don't gain too much during your pregnancy. After the baby comes, you can take good care of yourself with a healthy diet and physical activity. The good news is that breastfeeding burns a lot of calories and can help moms get back to their original weight.

Participant: I think I can keep up with the diet and my exercise. I'll have to think more about the breastfeeding.

Write how you would summarize this part of the conversation: